CLEAN AIR in your SCHOOL and everywhere!

WHY CLEAN AIR?

CLEAN INDOOR AIR* is important for good health, just like clean water. Clean air can even help you do better in school! How?

Because when air gets filled with SMOKE, POLLUTION, or GERMS, it can make us feel TIRED, DIZZY, or SICK. That makes learning harder.

This comic covers 4 important things about clean air in school:

1. VENTILATION
2. AIR CLEANERS
3. MEASURING CO2
4. FACE-MASKS

*This comic is based on Vancouver Coastal Health's new: "Ventilation & Indoor Air Quality for Schools and Childcare Facilities"† (See back cover for info)

1. VENTILATION

Ventilation is when we bring fresh OUTDOOR AIR into a room, mix it with the INDOOR AIR, and then pass that mixed air through special FILTERS called HEPA* or MERV-13.

So, open the windows and turn on your AIR CLEANERS! What are those? Turn the page to find out!

*HEPA is short for High Efficiency Particulate Air which is a standard for air filters.

2. AIR CLEANERS

AIR CLEANERS* are portable devices with special FILTERS in them. The filters clean the air by trapping GERMS, POLLEN, & SMOKE (like a spider web trapping bugs!).

You can buy them, or make your own for less than $100 with just a few things from the hardware store! (See the back cover of this comic to find out how!)

*VCH recommends we "Run HEPA or D.I.Y. AIR CLEANERS continuously in spaces used by children."

3. MEASURING CO2

When we exhale, we breathe out something called CARBON DIOXIDE ("CO2" for short). When there's too much CO2 indoors, we can feel TIRED, DIZZY, or get HEADACHES. To flush it all out, open the WINDOWS and turn on some FANS.

Use a CO2 MONITOR* to measure it in the air. Try to keep it under 800 when you're inside.

*You can borrow one from Vancouver Coastal Health! Go to: vch.ca/en/air-quality-monitoring-projects

4. FACE-MASKS

N95 face-masks are like FILTERS FOR YOUR FACE. They can protect you from airborne sickness like the FLU, RSV, & COVID. "Airborne" means something that stays in the air a long time.

They're great to protect you from smoke and pollution too! Carry some extras for a friend in need!

UH OH! WILDFIRE SMOKE!

When there's SMOKE or POLLUTION outside, you should CLOSE the windows! But it's okay, you can TURN UP your AIR CLEANERS!

You're a Clean Air Champion!

Now you know how to make the air at school CLEANER to breathe! You can do the same things at home too!

Scan with a phone for more info:

How do N95 masks work? This cartoon on YouTube helps explain them:
bit.ly/howN95works

KIDS ZONE: Resources for kids on masking, clean air, remote learning, and more
bit.ly/CleanAirKids

YouTube: How to make your own Corsi-Rosenthal Box (D.I.Y. Air Cleaner)
bit.ly/KidsMakeCRbox

† "Ventilation & Indoor Air Quality for Schools and Childcare Facilities" (VCH)
bit.ly/VCH-clean-air

ISBN 978-1-06-951103-9
9 781069 051103

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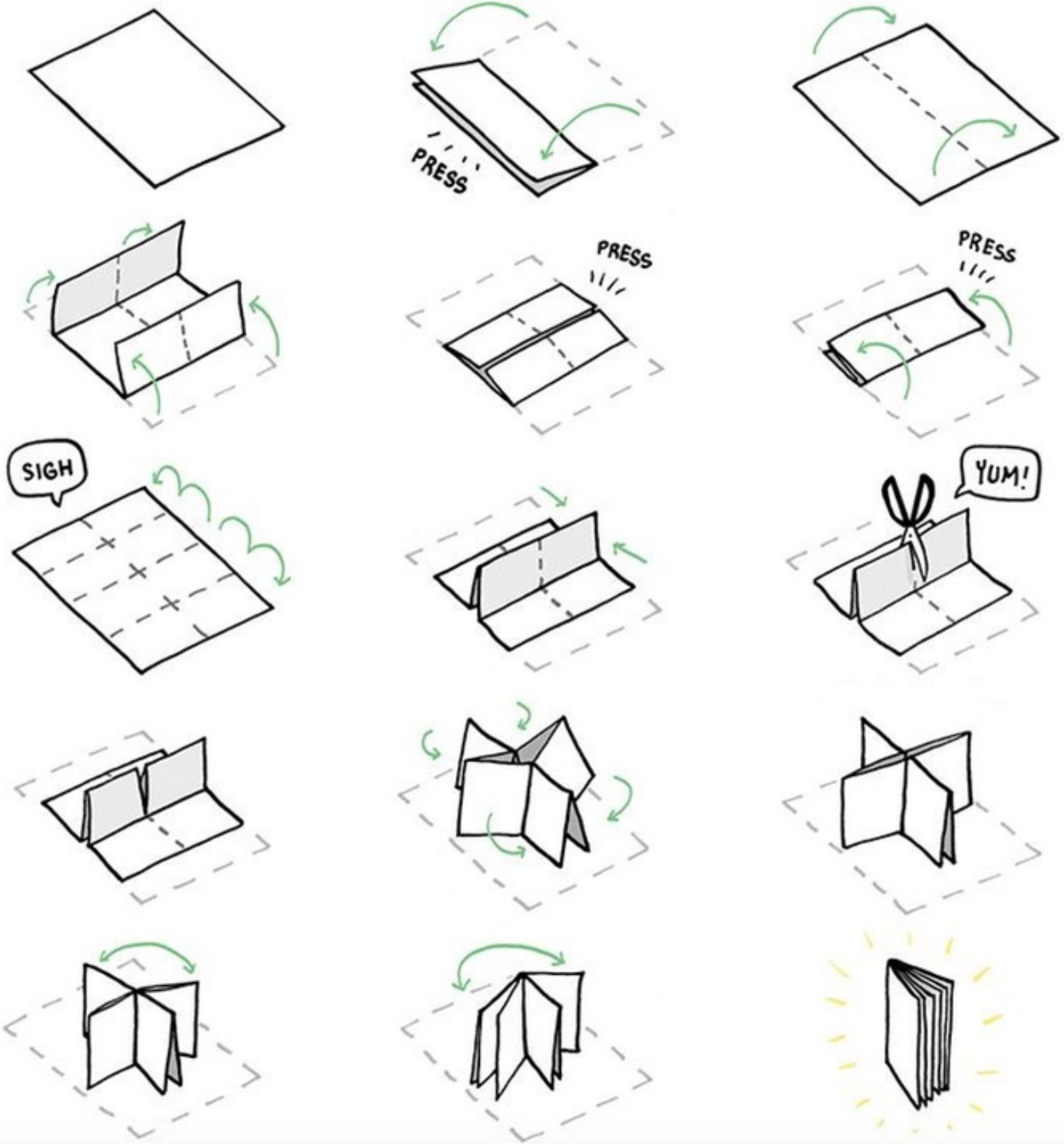
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